Get Healthy NOW!

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Healthy is the way to feel. Being healthy is everywhere. I think that staying healthy is VERY important because life is meant to live ALIVE! Reading about it makes you want to learn about it even more‼! One Smart Way to Healthy is to be with friends. Another one is to be physically healthy by eating great foods‼

One awesome way to stay healthy is to have friends! Believe it or not people who have friends have way better health than people who are lonely. Research shows that people who have friends live longer than those who are isolated. When you get sick, your immune system fights to keep you healthy. People with friend’s immune systems are better and stronger! Being bullied can get you down. It also makes you unhealthy, because once that “bully” hurts you (physically or verbally), It will make you sad and you will isolate yourself. Ok, imagine being sad, something got you upset. When you’re sad who do you call? YOU’RE FRIENDS! It shows that friends get you (and/or) keep you happy. Remember, you should be with friends if you’re sad. And also it’s important to STAY HAPPY TO BE HEALTHY!

Another cool way to be healthy is to make good food choices! There are many, many different decisions for lots of people but for excellent health I will need 6 oz. of grains. These could very well include cornmeal, oatmeal, and classical white or wheat bread. 2.5 cups of vegetables can promote good health. Some great choices of those are Broccoli, Carrots, Peas, and my favorite celery. 1.5 fruit a day is very sweet, for you and your health! Some good ones are Apples, Oranges, Lemon, and Pears. 3 cups of yummy mild will make you strong! Last but not least, is meat. 4 cups a day should make you strong! Some great types are Steak, Baked Beans, and fish! Those are the best kind I like! The stuff you need the least of is SUGAR! It is VERY bad for you. You should have 1 cup a week or so but not regularly. It turns out that it can cost you over $4000 in dental work!! HEALTHY FOODS ROCK!!

After finding info about being healthy, I found out that you NEED friends. Also how people have to have enough of ALL the food groups. Not too much, not too little. For more information on Friends visit <http://www.getsomehelporfriendsnow.com/thefriendsquiz> .

For information on The Food Pyramid OR Food Groups, check out

<http://www.mypyramid.gov> .